

LONDON metro

\$10,000,000
estimated



IS THIS THE FUTURE OF THE RED-LIGHT DISTRICT?

THE SWISS COME UP
WITH A NEW WAY
TO BOX IN THE
WORLD'S OLDEST
PROFESSION

PAGE 7



Booze and hisses

Welcome back, students,
but remember: Excess
noise and public drunk-
enness could earn you
a hefty fine

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'Moral obscenity'

As UN experts investigate an
alleged gas attack in Syria,
the U.S. Secretary of State
comes down hard on the
Assad regime

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Rethinking the rink

One of the keys to hockey
gold at Sochi '14 is coming
to terms with the larger ice
surface, Team Canada GM
Steve Yzerman says

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Wednesday's Jackpot



Bar 'deadbeat dads' from casinos? You betcha: Orser

OLG. Councillor wants
doors slammed on
gamblers who don't
pay child support



**MIKE
DONACHIE**
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Stephen Orser CONTRIBUTED

Do you know a "deadbeat dad"? He may be gambling with his children's future, Stephen Orser says, and it's time to pay the dues.

The Ward 4 councillor had a request for casino bosses on Monday. As the OLG's senior managers spoke to the investment and economic prosperity committee about extra money for the city from a new agreement on payouts, Orser asked them to bar people with unpaid child support.

Although his ward includes the Western Fair District, Orser isn't a gambler. "I've spent \$35 in there in the last eight years," he said. "It's just not my thing. Unfortunately, I've seen things that are disturbing."

He said people in his ward, however, have told him tales of woe about the effects of gambling on their families. One woman said her husband ran up a \$5,000 credit-card debt, Orser recounted on Monday.

So he asked the OLG repre-

sentatives: "Would you be in agreement to making a ban on deadbeat dads so they can't gamble until they pay their child-support arrears?"

OLG social responsibility chief Paul Pellizzari said lottery payouts of more than \$1,000 already have to be claimed from an office that flags anyone with outstanding child support, and money owed is deducted.

As for Orser's idea, Pellizzari said: "I grant that that is a very worthwhile proposal. We've considered it in the past and will be considering it as we go forward."

He said there is an unstaffed kiosk at Western Fair District with information about safe gambling, but if London gets a bigger gambling centre, it will have an office with staff.

The OLG's modernization process includes hi-tech options, officials said. Electronic

By the numbers

\$161.1M

Amount paid in wages and benefits to 324 London staff working at the slots at the Western Fair District since 1999.

\$10.8M

Value of OLG purchases from local and regional vendors since 1999.

\$250K

Extra income, per year, for London under a new slots payout agreement.

\$600K

Extra money, per year, for London if it lands one of six new casinos proposed for the province. The Western Fair District is among the bidders.

gambling will track how much people spend, and how often, and then warn them if it gets out of hand.



COMIC-BOOK GIANTS

Christopher Runciman is a Heroes Comics staff member with a good reason to feel larger than life these days. The store has earned an honour fit for, well, a superhero. Details on page 3. MIKE DONACHIE/METRO



Beware of extra monthly tab fees

Sometimes, the price of a new phone isn't all you'll pay. In fact, there's a phone company out there that will charge you an extra \$5 or \$10 monthly fee to pay off some of their tabs. Rest assured, with a 2-year Tab24 agreement at Fido, you'll get a great price on your new phone and you won't pay extra monthly tab fees. It's just one more way Fido is working hard for you.

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Explorer. An amazing tale in a historic setting

The remarkable story of a young woman who left a strict society behind to achieve great things will be told on stage next month.

The Dream Life of Teresa Harris is a new play by Penn Kemp, London's former poet laureate.

It tells the life story of a woman who denied class and culture to become one of the greatest explorers of the Victorian age. The play features Donna Creighton in the title role and tells of Harris's return home to reflect on her well-travelled life.

Harris was born in 1838 and raised in London's historic Eldon House, which is the venue for the show, and went on to have adventures discovering remote parts of Tibet.

Kemp and her collaborators tell the story of Harris's wanderings with husband St. George Littledale and her escape from an overprotective mother.

The show is supported by the Community Heritage Investment Program, which is city-funded, the Ontario Arts Council and Playwrights' Cabaret at the Grand Theatre.

Shows are at 1 p.m. and 3:30 p.m. Sept. 8 and Sept. 13 to 15. Visit ticketscene.ca/pennkemp for details.

MIKE DONACHIE/METRO



Penn Kemp METRO FILE



Do you know your indie titles from your Spandex comics? Christopher Runciman, shown here speaking to a customer at Heroes, is the man to explain all.

MIKE DONACHIE/METRO

Comic book store posts heroic victory

Up, up and away with the award! Heroes Comics named the best in Canada at Fan Expo awards ceremony



MIKE DONACHIE

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London has a lot going for it, but now the city has a heroic new boast.

Heroes Comics is officially the best comic book store in Canada, after it was named the best retailer Saturday during the Joe Shuster Awards ceremony at Fan Expo.

Presented every year, the Harry Kremer Award recognizes the store's appeal,

its community activity, the knowledge of its staff and its ethical business practices. It's named after the late owner of a store in Kitchener.

The Kremer is tough to get, not only because any store in Canada can compete if it's been open for three years. The Canadian Comic Book Retailers Awards Association has stringent rules and even sends out secret shoppers to test the nominees.

"It's an honour," said Heroes staff member Christopher Runciman. "We've got some great people here, and we've got a real gift in the customer base that we have in London."

"London's very fortunate that we have as many shops as we do and a strong com-

The Shusters

- The Joe Shuster Awards were presented by Rob Salem of the Toronto Star and artist Ty Templeton at the Art Gallery of Ontario.

artist, and the late Vernon Miller, founder of British Columbia's Maple Leafs Comics imprint in the 1940s.

- Winners included Justice League of America writer Jeff Lemire, who won best cartoonist, Mike Del Mundo, who is best cover

- The awards are named after the artist Joe Shuster, who was born in Toronto and went on to co-create Superman.

munity."

Runciman credits the "hard work and dedication" of the Heroes staff as the reason for the award.

They try hard to answer every question they're asked, and there's a commitment to stocking a wide range

of books, including lesser-known work by independent creators, Runciman said.

There's a special focus on kids, too, with a bargain bin for action figures and a special section where parents know their children won't see adult content.

Interest arbitration. London firefighters may not get contract until 2014

A spokesman for the London Fire Department says a decision on the interest arbitration battle between the city and its firefighters might not come until the end of the year.

Rick Jefferson said the process, which started Friday, is expected to last for three months or longer.

The contract dispute has lasted two years, with the major stumbling block reported to be the firefighters' union

\$100K club

100

About 100 London firefighters earned \$100,000 in 2012.

demand of a seven per cent wage hike over the next two years.

London Professional Firefighters Association head John Hassan hasn't returned

multiple phone messages.

Interest arbitration is invoked when emergency workers and municipalities can't agree on a new contract. Its intent is to ensure that outcomes are fair for employees who can't strike.

The city presented its case on Monday. It was reported that everything is up for discussion, including the possible outsourcing of emergency dispatch to save money. SCOTT TAYLOR/METRO

Police seek info

Suspect wanted in Sunday assault

Police are looking for a man wanted in connection with a Sunday assault that left the victim with serious facial injuries.

The incident happened near Talbot Street and Dufferin Avenue a little after 1 p.m., police said.

The suspect is described as white, 20 to 30 years old, and about six feet tall with a stocky build and shaved head.

METRO

Mustang Drive-In

Fight hunger, go to the movies

A host of car dealerships are teaming up for a fun night at the Mustang Drive-In to benefit the London Food Bank.

Customers who donate a non-perishable food item can get tickets to see two movies Wednesday at the theatre. The evening, which starts at 6 p.m., includes pizza and pre-show activities for kids.

Visit ultimateauto-mobiles.ca for details. METRO

1 NEWS

London police ready for the student invasion

Project L.E.A.R.N.
Month-long initiative aimed at keeping rowdiness in check



SCOTT TAYLOR
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Police presence will be beefed up on city streets when Project L.E.A.R.N. kicks off Tuesday for a month-long run.

The initiative is designed to curb rowdy behaviour that's considered a nuisance to others.

"We don't want to prevent students from having fun," Const. Ken Steeves said, "but we want them to be responsible."

Police ramp up enforcement around the Western and Fanshawe campuses as well as Richmond Row to help reduce the number of noise complaints and public intoxication in September and April.

"It's not just for themselves but for the many neighbours they have in the city," Steeves said of the stu-

dents. "We don't want anyone to wake up the next day and regret something they did or, even worse, run the risk of ruining their school year."

He warned students — and everyone else, for that matter — that there will be "strict but fair" enforcement of bylaws relating to parties, parking, open fires, noise, litter and public urination.

Fanshawe student union president Adam Gourlay said he's been in contact with police and is spreading the message to students that too much of a good thing can be bad.

"Last year, we hit them with a lot of what's going on in the community with Project L.E.A.R.N., and I think because we've done that for the past year and a bit, students are going to come in with eyes wide open more than they did in the past," Gourlay said.

Fanshawe students were largely blamed for the St. Patrick's Day riot on Fleming Drive in 2012 that saw about 1,000 young people pelt police with bottles and rocks before overturning a news van and setting it on fire. A lengthy police investigation determined that only 26 of 68 people charged attended Fanshawe at the time.

Still, Steeves said, police will be vigilant.

Provincial offence tickets will be meted out for excess alcohol consumption, open alcoholic containers and

Don't blame the students

Non-students accounted for 88.5 per cent of criminal charges and almost half of the provincial offence notices issued during the fall arm of Project L.E.A.R.N. in the past four years.

Here's a look at the numbers:

2012

- Criminal charges: 61
- Provincial offence tickets: 2,293

2011

- Criminal charges: 62
- Provincial offence tickets: 1,353

2010

- Criminal charges: 57
- Provincial offence tickets: 1,725

2009

- Criminal charges: 81
- Provincial offence tickets: 1,656

public intoxication.

"The most severe behaviour will be dealt with by criminal charges," Steeves added.



A police officer empties a can of beer before writing a ticket during a street party to mark Western University's homecoming last fall. Police will be out in full force when students return to the city this week. METRO FILE

Quoted

"Have fun if you're going to have fun, but be responsible."

Adam Gourlay, student union president at Fanshawe College

Jailed in Egypt: London doctor, filmmaker hopes hinge on Thursday hearing



Tarek Loubani, the London doctor being held in Egypt. TORSTAR NEWS SERVICE

A London doctor and a Toronto filmmaker — originally from London — are still behind bars in an Egyptian prison, 10 days after they were arrested in Cairo.

Dr. Tarek Loubani and John Greyson were reportedly on a medical mission to Gaza through Egypt when they discovered the border they wanted to cross was closed. Reports say the duo then went to a police station to ask directions but were arrested instead.

Days later, they were accused of being among a group

of seven men carrying explosives and ammunition in a plot to attack a police station.

Friends and family have denounced the insinuations of a district prosecutor as unfounded and have demanded their release.

"We continue to expect and demand the release of Tarek and John," Loubani's friend and medical colleague Dr. Amit Shah said on Monday. "They have a court hearing this Thursday, and the Egyptian lawyers are preparing for this."

Shah added that Foreign Affairs Minister John Baird has demanded their release, and several organizations have posted their support for Loubani and Greyson.

"The Guardian and The New York Times have reported on their story, and the online petition has more than 75,000 signatures," Shah said.

It was widely reported last Friday that the men were healthy and in good spirits after visits by Canadian officials in Egypt.

SCOTT TAYLOR/METRO

Quoted

"We continue to expect and demand the release of Tarek and John. They have a court hearing this Thursday, and the Egyptian lawyers are preparing for this."

Dr. Amit Shah, Tarek Loubani's friend and medical colleague

UN experts inspect scene of alleged chemical attack in Syria

Damascus. Team collects samples, conducts interviews after surviving sniper attack on way to site

UN experts collected samples and testimony from Syrian doctors and victims of an alleged chemical weapons attack Monday following a treacherous journey through government and rebel-held territory, where their convoy was hit by snipers.

As U.S. officials said there was very little doubt that Syria used chemical weapons and Western powers stepped up calls for swift military action, President Bashar Assad's government vowed to defend itself against any international attack, warning that such an intervention would ignite turmoil across the region.

Snipers opened fire on the

UN convoy, hitting one of the vehicles carrying a team on its way to investigate the Aug. 21 incident.

Martin Nesirky, a spokesman for UN Secretary-General Ban Ki-moon, said one of the UN vehicles was "deliberately shot at" in the buffer zone between rebel- and government-controlled territory, adding that the team was safe.

Activists said the inspectors eventually arrived in Moadamiyeh, a suburb of Damascus and one of the areas where the alleged chemical attack occurred.

In videos uploaded by the Moadamiyeh media office, UN inspectors were seen interviewing hospital patients.

"After the shells landed, I went downstairs and ... felt dizzy. I fell down, nauseous. Everything became distorted," one bearded man was seen telling a UN official.

THE ASSOCIATED PRESS



In this image taken from amateur video posted online, a presumed UN staff member appears to measure and photograph a canister on Monday in the suburb of Moadamiyeh in Damascus, Syria, where the Syrian regime allegedly used chemical weapons. UN experts collected samples and testimony from doctors and victims of the alleged attack on Monday following a treacherous journey through government and rebel-held territory. MOADAMIYEH MEDIA OFFICE/THE ASSOCIATED PRESS

'Dangerous new phase'



"Canada believes the only way to halt the bloodshed in Syria is through

a political solution.... However, we understand that this solution is becoming more and more difficult as the crisis enters a very dangerous new phase."

Foreign Affairs Minister John Baird, who called Monday's attack on a UN convoy "absolutely abhorrent."

Evidence of attack is 'undeniable': Kerry

U.S. Secretary of State John Kerry declared Monday that there was "undeniable" evidence of a large-scale chemical weapons attack in Syria, toughening the Obama administration's criticism of President Bashar Assad's regime and outlining a justification for possible U.S. military action.

Kerry, speaking to reporters at the State Department, said last week's alleged attack was a "moral obscenity" that "should shock the conscience" of the world.

"The indiscriminate slaughter of civilians, the killing of women and children and innocent bystanders by chemical weapons is a moral obscenity. By any standard, it is inexcusable and — despite the excuses and equivocations that some have manufactured — it is undeniable," said Kerry, the highest-ranking U.S. official to confirm the attack in the Damascus suburbs that activists say killed hundreds of people.

"This international norm cannot be violated without consequences," he added.

Officials said U.S. President



U.S. Secretary of State John Kerry speaks in Washington Monday about the situation in Syria, where he said chemical weapons were used.

MANUEL BALCE CENETA/THE ASSOCIATED PRESS

Barack Obama has not decided how to respond to the alleged use of deadly gases, a move the White House said last year would cross a "red line." But the U.S., along with allies in Europe, appeared to be laying the groundwork for the most aggressive response since Syria's civil war began more than two years ago.

THE ASSOCIATED PRESS

Syria's ally responds

Russia: No proof regime responsible

Nations calling for military action against Syria have no proof the Syrian government is behind an alleged chemical weapons attack, Russian Foreign Minister Sergei Lavrov said Monday.

Lavrov said the countries have assumed the role of "both investigators and the UN Security Council" in probing the incident.

"They cannot produce evidence, but keep on saying that the 'red line' has been crossed and they cannot wait any longer," he said.

Lavrov likened the situation in Syria to the run up before the 2003 military operation in Iraq.

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Mac Harb resigns from Senate, giving Liberals a clean slate

Senate scandal. Harb borrows \$230,000 to pay back the entirety of his disputed expenses

Veteran Liberal politician Mac Harb handed his former caucus a gift just before its annual summer retreat, resigning from the upper chamber and paying back all his questionable Senate expenses.

That now leaves only three former Conservative senators hanging on in the red chamber, despite pressure to resign over a raft of inappropriate financial claims and connected police probes.

Liberal Leader Justin Trudeau had faced criticism from his rivals for saying he would welcome Harb back into the caucus once he settled the issue of his living expenses.

That problem appears to have been solved in time for the Liberal get-together beginning Tuesday in P.E.I., where financial transparency will be the main focus.

Harb had been fighting the Senate in court over its assess-



Mac Harb says he never considered the Senate to be a position for life anyway. SEAN KILPATRICK/THE CANADIAN PRESS FILE

ment that he had improperly claimed to be living primarily in a home outside the National Capital Region. That complicated legal battle has been abandoned.

"I have been contemplating retirement for some time

as I personally never considered the Senate to be a lifetime position," Harb said in a statement on Monday.

"These past few months have been extremely difficult for me and my family and caused me to evaluate what

more I could contribute in the circumstances."

Harb says he sent the Senate a cheque for \$189,166, bringing his total reimbursement to \$231,649 or the entirety of his living-related expenses.

Records show Harb has borrowed \$230,000 by using mortgages against four properties to get loans from a numbered company owned by an Ottawa lawyer and businessman.

The Canadian Taxpayers Federation quickly pointed

Time to go

"My dispute with the Senate committee on internal economy made working effectively in the Senate unrealistic."

Mac Harb, in a statement

out Monday that Harb will still be able to draw from healthy MP and Senate pensions now that he has retired.

Former Liberal Sen. Raymond Lavigne, convicted of fraud and breach of trust in 2011, retired before the Senate was able to strip him of his seat. As a result, he was still able to collect his pensions, an estimated \$80,000 annually.

The RCMP is still in the midst of an investigation into Harb's expense claims.

Harb continues to defend himself in the expense battle. His lawyer, Paul Champ, emphasized that an independent audit released last May did not determine he had violated any rules, but rather that the rules themselves weren't clear.

THE CANADIAN PRESS

Tories should pay for Senate audits: Mulcair

NDP Leader Tom Mulcair says the Conservative party should pick up the costs associated with auditing a pair of former Tory senators who filed improper expense claims.

Mulcair made the comments Monday as he highlighted his so-called "Roll up the Red Carpet" tour, part of a national campaign to publicize his party's support for Senate abolition.

The campaign opened in May, with the first stop of the tour in P.E.I., home province of embattled Sen. Mike Duffy.

Both Duffy and colleague Pamela Wallin claimed expenses related to Senate business while they were actually attending party events.

"The Conservative party should reimburse for the audit because it ... was made necessary because the prime minister didn't tell the truth in the Commons in February when he said there was no problem



NDP's Tom Mulcair THE CANADIAN PRESS

with Pamela Wallin's expenses," Mulcair said outside the Senate chamber.

Mulcair vowed to keep pressure on the Senate, despite the fact Parliament won't return until October. Prime Minister Stephen Harper has signalled his intent to prorogue Parliament and open a new session

with a throne speech.

"In the last five weeks ... the prime minister showed up to answer questions exactly five times," Mulcair told a gathering of NDP staffers. "By the time the House finally reconvenes, it will have been five months since he's had to answer a question."

Senate reform is likely to figure in the throne speech, which will outline the government's legislative agenda for the new session.

The Conservatives are awaiting a response from the Supreme Court on a variety of Senate-reform questions, including how the upper chamber might be abolished.

Later Monday, Mulcair brought his campaign to the Nova Scotia legislature in Halifax, where he toured the building's Red Chamber, used by the provincial senate until it was abolished in the 1920s.

THE CANADIAN PRESS

Wireless. Report suggests welcoming foreign giants is best way to competition

If the federal government really wants healthy competition in the wireless market, a new report says it should just do away with the limits on foreign ownership and other regulations.

The analysis published Monday by the right-of-centre Fraser Institute is the latest input into the heated debate on the upcoming auction of valuable wireless spectrum.

The report argues there is

no evidence that handicapping the incumbent companies in the auction does anything to improve efficient competition.

It goes on to say that getting rid of the remaining barriers to foreign entrants in the Canadian marketplace would create fears of hostile takeovers of the big three companies, thus creating an incentive for them to be more efficient. THE CANADIAN PRESS



The big-three Canadian providers are furious that the rules might allow a U.S. giant to enter the wireless market here. JOHN MINCHILLO/THE ASSOCIATED PRESS FILE

Calgary airport

Immaculate drug disguise found out

A border services agent dug deep this month to find five kilograms of opium hidden in coffee carafes at the Calgary International Airport.

Anyone opening the carafes would have found nothing. The bottoms were removed, the drugs inserted and the bottoms rewelded. The carafes were then swathed in bubble wrap and placed in boxes, which were covered by plastic wrap and heat-sealed.

THE CANADIAN PRESS

Vancouver

City accidentally hires Hells Angel

The City of Vancouver is reviewing its hiring practices after a member of the Hells Angels was hired as a garbage collector. But routine criminal-record checks on employees might not be in the cards.

THE CANADIAN PRESS

UN says U.S. has some explaining to do over spying leak

The United Nations said Monday that it will contact the United States about reports that the National Security Agency hacked UN internal communications, and the world body emphasized that international treaties protect its offices and all diplomatic missions from interference, spying and eavesdropping.

The German magazine Der Spiegel reported Sunday that documents it obtained from American leaker Edward Snowden show the NSA secretly monitored the UN's internal video conferencing system by decrypting it last year. In three weeks, Der Spiegel said, the NSA increased the number of decrypted communications at the UN from 12 to 458.

Der Spiegel also reported that the NSA installed bugs in the European Union's office building in Washington and

Vienna Convention

The 1961 Vienna Convention regulates diplomatic issues and status among nations and international organizations.

- Among other things, it says a host country cannot search diplomatic premises or seize its documents or property.

- It also says the host

government must permit and protect free communication between the diplomats of the mission and their home country.

- However, wiretapping and eavesdropping have been rampant for decades, most dramatically between the United States and the Soviet Union during the Cold War.

infiltrated the EU's computer network.

UN spokesman Farhan Haq said Monday that the United Nations will "reach out" to U.S. officials about the reports of eavesdropping, as it has in the past when such allegations have been raised.

Haq added that "the inviol-

ability of diplomatic missions, including the United Nations and other international organizations, whose functions are protected by the relevant international conventions like the Vienna Convention, has been well-established international law."

THE ASSOCIATED PRESS

Indonesia

Clerics call for Miss World pageant to be cancelled

One of Indonesia's most influential Islamic groups is urging the government to cancel the Miss World pageant scheduled for next month, saying the exposure of skin by women in a competition violates Muslim teachings, an official said Monday.

Top-level clerics met this month to respond to protests from some groups over Indonesia's hosting of the event, even after organizers agreed to cut the bikini competition and outfit contestants in more conservative sarongs, Indonesian Ulema Council chairman Amidan Shaberah said. The pageant is scheduled to be held partly on the resort island of Bali, with the final round on Sept. 28 near the capital, Jakarta.

Adjie S. Soeratmadjie of RCTI, the official broadcaster and local organizer of the event, meanwhile said that Miss Israel had dropped out of the competition, but declined to give the reason.

THE ASSOCIATED PRESS

Moscow mayor. Russia's charismatic opposition leader shakes up race

A gaggle of hipsters, mothers with children and two babushkas with hair dyed bright red gather to listen to something they haven't heard in a decade: A stump speech for Moscow mayor.

Alexei Navalny, an anti-corruption blogger who has become the best known face of Russia's protest movement, is trying to take his following offline and into the street, waging a traditional campaign of hand-shaking and leaflet drives to win voters outside his base of the young and web-savvy.

Navalny has little hope of defeating incumbent Sergei Sobyenin — but polls show his star is rising. And if he gets a big chunk of the vote, the Kremlin will face pressure to show leniency over his five-year prison sentence on embezzlement charges, and the protest movement may gain new wind.

Navalny was sentenced last month but released the next day in what many see as an effort to legitimize the mayoral race and ensure that Sobyenin — who was appointed as mayor and is seen



Russian opposition leader Alexei Navalny embraces his wife Yulia after his release in Kirov last month. THE ASSOCIATED PRESS

as a possible successor to Putin — is regarded as an elected politician with widespread support.

Despite his almost invisible candidacy, Sobyenin is genuinely well-liked for the changes he's brought to Moscow. He has poured a yearly budget of about \$54 billion US into the city's parks and cultural institutions, although other promises to tackle traffic and parking have been lagging or limited in scope.

THE ASSOCIATED PRESS



A poster hangs in an open, wooden, garage-style "sex box" in Zurich, Switzerland, that officially opened for business Monday. Zurich is experimenting with the drive-in facilities to relocate prostitution. JOHN HEILPRIN/THE ASSOCIATED PRESS

Zurich thinking inside the box on legal prostitution

Drive-in 'sex boxes'. Swiss city experiments with ways to relocate sex traffic away from busy downtown area

No car, no sex.

That's the rule for an experiment Zurich launched Monday to make prostitution less of a public nuisance and safer for women.

Switzerland has long been famous for its mountaineering, chocolate and precision watches, but a lesser known aspect is its legal prostitution since 1942, for which its largest city is one of the main centres in Europe.

Fashionably teak-coloured open wooden garages, popularly called "sex boxes" by the Swiss media, will be open for business for drive-in customers. The several dozen sex workers who are expected to make it their new hub will stand along a short road in a small, circular park for clients to choose from and negotiate with.

The publicly funded facilities — open all night and located away from the city centre — include bathrooms, lockers, small café tables and a laundry

and shower. Men won't have to worry about video surveillance cameras, but the sex workers — who will need a permit and pay a small tax — will be provided with a panic button and on-site social workers trained to look after them.

On Saturday several hundred residents, including many women, flocked to the only "open house" that Zurich will offer to give the public a better idea of how its taxpayer money has been used.

Most of the visitors said they came out of curiosity and haven't really come to terms with the idea, but hope it will at least improve safety. Others were amazed and a bit amused that a whole group of strangers would spend a rainy

The solution?

Voters in Zurich approved spending up to 2.4 million Swiss francs (\$2.6 million US) on the project last year.

- Sex traffic in the downtown area had become a public nuisance and a safety concern with prostitutes and clients defecating and urinating in the streets and gardens, and having sex in the open because they had nowhere else to go.

afternoon openly discussing professional sex.

THE ASSOCIATED PRESS



Visitors examine the wooden garage-style "sex boxes" at a construction site in Zurich, Switzerland, on Saturday. ENNIO LEANZA/THE ASSOCIATED PRESS

Minority accommodation. PQ plan to ban religious symbols gains steam

The Parti Québécois plan on minority accommodations took a big step toward becoming a reality as the party that likely has the swing vote in the legislature backed major parts of it Monday.

Coalition Leader François Legault said judges, police officers and elementary and secondary school teachers should be restricted from wearing religious symbols like veils, hijabs and turbans.

Legault's vote is key because the Parti Québécois has only a parliamentary minority and needs support from one of the two main opposition parties to pass legislation.

Premier Pauline Marois expressed pleasure at the news.

"I'm happy Mr. Legault is ready to discuss and debate this," the PQ premier said Monday. She was asked about the subject during a news conference where she offered details about a \$60 million reconstruction fund for the devastated town of Lac-Mégantic.

"I hope we have a serene, harmonious debate so that we can collectively draw some conclusions that allow us to live better together. That's what we want."

The Coalition's position

Majority in favour

57%

A poll released Monday said 65 per cent of Quebec's francophones, and 57 per cent of the overall population, agree with the idea. Just 25 per cent of anglophone respondents said they agree.

doesn't go quite as far as the PQ's.

Medical professionals and daycare workers would be exempt under the CAQ proposal. So would public-sector workers who don't hold a position of authority.

"What we say also is that we should exclude religious signs for employees being in authority, like judges, policemen — and teachers because we think that teachers, they have in front of them children in a vulnerable position. But, that's it," Legault said.

"We don't think, like the Parti Québécois, that we should extend this exclusion to doctors, nurses, all civil servants. We think that they should have the right to continue to wear a religious sign because they are not in an authority position."

THE CANADIAN PRESS

Activists leave Russian waters after alleged threats



This image made available by environmental organization Greenpeace shows the Greenpeace ship Arctic Sunrise entering the Northern Sea Route off Russia's coastline to protest against Arctic oil drilling on Saturday. WILL ROSE/GREENPEACE/THE ASSOCIATED PRESS

Choppy waters ahead. Greenpeace's plan for a peaceful protest upended after gunfire threats, says Canadian crew member

A Greenpeace icebreaker that entered Russia's Arctic without permission to protest offshore energy exploration is leaving after being threatened with gunfire by that country's coast guard.

"It was repeated several times in open conversation that they were threatening that if we didn't leave the Northern Sea Route that they would fire on our ship,"

Christy Ferguson, a Canadian crew member on the Arctic Sunrise steaming back to Norwegian waters, said Monday.

Russian officials weren't immediately available for comment.

The vessel entered Russian waters late Friday to witness and protest offshore energy exploration in that country's north.

Offshore Arctic exploration is controversial because there are no proven, reliable methods of cleaning oil spills from ice-choked, stormy seas. Seismic exploration by Russian companies and western multinationals is being conducted in areas that include marine national parks and other protected areas. THE CANADIAN PRESS

Thorny topic

While Greenpeace did back down eventually, it didn't leave empty handed, shoring up support for its cause and shining a spotlight on offshore energy exploration by Russia.

- Despite not being able to observe the seismic activity and carry out their protest, Christy Ferguson, a Canadian crew member on the Arctic Sunrise said the trip was revealing. "We came here to expose preparations for oil drilling and what we ended up exposing was that, and something else — the efforts of the Russian

authorities to defend oil interests."

- The Arctic Sunrise is registered in the Netherlands and the Dutch government has expressed support.
- Arctic international law expert Michael Byers said the legality of the Russian actions is murky. He said that while Greenpeace was operating outside territorial Russian waters, international law does give Arctic nations strong pollution prevention jurisdiction out to 200 nautical miles.



The Rim Fire rages on

The Rim Fire burns along Highway 120 near Yosemite National Park, Calif., on Sunday. With winds gusting and flames jumping from treetop to treetop, hundreds of firefighters have been deployed to protect communities in the path of the fire raging north of the park. JAE C. HONG/THE ASSOCIATED PRESS

Acts of mischief

People dressed as zombies for protest go rogue

Police in Kingston are seeking a horde of badly-behaved zombies after several incidents during a protest march.

The costumed marchers were part of a zombie march on the evening of July 27 to

protest oil pipelines in the Kingston area.

Detectives say the offending undead separated from the larger group and committed several acts of mischief at two downtown banks.

They then continued to city hall, where the back of the building was defaced and a fountain was contaminated with an unknown substance.

Investigators released images and video on Monday. THE CANADIAN PRESS

Quebec train tragedy

Lac-Mégantic's sister city collects books for town

A library destroyed when a runaway train exploded in Lac-Mégantic, Que., earlier this summer is getting a helping hand from across the U.S. border.

Libraries throughout Maine are collecting dona-

tions to help rebuild the one in the small Quebec community.

Forty-seven people died in the explosion and fire that ensued after an unmanned train with 72 tankers of crude oil derailed and crashed into the centre of the eastern Quebec town on July 6.

In nearby Farmington, Maine — Lac-Mégantic's sister city — the public library director launched the effort to help. THE ASSOCIATED PRESS

Thai police crack down on nitrous oxide balloons

Bangkok. Authorities arrest vendors who are selling laughing gas in backpacker district

Thai authorities are cracking down on vendors in Bangkok's main backpacker district selling cheap doses of balloons filled with nitrous oxide, or laughing gas, to tourists.

Eight vendors have been arrested since police first noticed the trend a few weeks ago along Khao San Road, a pedestrian street lined with bars and cheap hotels, police Lt. Col. Pitiphan Kridakorn said Monday.

Each dose sells for about 130 baht, or \$4.30. Pitiphan



Balloons filled with laughing gas are being sold to tourists in Thailand, and police are trying to halt the trend before it spreads. GETTY IMAGES FILE

said the sale of drug-filled balloons started in popular beaches, such as Koh Samui, Pattaya and Koh Pagnan — an

Side effects

- Illicit sales of nitrous oxide could cause harmful side effects to users and give the country a negative image, said a Thai police official.
- Those arrested face up to five years in prison and a fine of more than \$300 for selling medicine without authorization.

island known for "full moon" parties fuelled by drugs and alcohol.

He said police are trying to curb sales of the drug-filled balloons in the capital before it gains wider popularity.

THE ASSOCIATED PRESS

N.W.T. Resource projects facing labour shortage

Finding skilled labour will be a challenge as major resource projects move ahead in the Northwest Territories, said the territorial minister in charge of energy and mining.

The territory will need around 3,000 new workers, with several new mines set to open over the next eight to 10 years, David Ramsay said Monday in Yellowknife.

"With our remote location (and) the cold weather, it may be difficult for us to attract people to live in the Northwest Territories, but we are going to put our best effort into that," he said.

Some smaller aboriginal communities in the Northwest Territories have a 30 to 40 per cent unemployment rate, so there's a big need for training programs geared toward the jobs that will be coming, he said.

Energy ministers from across Canada are holding their annual meeting in Yellowknife this week. Ramsay said he'll talk to his counterparts about the idea of a made-in-the-North pipeline, which could enable crude to be exported on tankers from the Beaufort Sea or from the Alaskan port of Valdez.

THE CANADIAN PRESS



A man stands at the edge of Alexandra Falls on the Hay River in the Northwest Territories last week. The idea of a made-in-the-North pipeline is being floated at a meeting of energy ministers in Yellowknife. SEAN KILPATRICK/THE CANADIAN PRESS

Mobile

Broadcaster orders BlackBerry Q10 smartphones

Smartphone maker BlackBerry says it has received an order for 2,000 new keyboard smartphones from Hispanic broadcaster Univision Communications. The company says the order for the BlackBerry Q10 devices will upgrade all of the BlackBerry phones used by employees at Univision, which is one of the largest broadcast networks in the U.S. THE CANADIAN PRESS

Market Minute

DOLLAR
95.21¢ (-0.02¢)

TSX
12,760.30 (-2)

OIL
\$105.92 US (-50¢)

GOLD
\$1,393.10 US (-\$2.70)

Natural gas: \$3.50 US (+2¢)
Dow Jones: 14,946.46 (-64.05)



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WHEN WE GO TOO FAR WITH FOOD

Our relationship to food is beyond sustenance. We photograph it, tweet about it and obsess over what it looks like and where it comes from.

In North America, we are living in an era of food-as-spectacle; celebrity chefs have been elevated from kitchens to red carpets while the rest of us fanatically share our own food porn across various social media sites. The Food Network airs Olympiad-like programming 24 hours a day to determine who can decorate, create and consume various different foods in the fastest possible time.

Our collective obsession with good cuisine is rivaled only by our masochistic obsession with conquering outrageously bad food. From Kentucky Fried Chicken's Double Down to Taco Bell's new Breakfast Waffle Taco, it seems there is just no limit when it comes to sandwiching calorie-heavy foods around each other



SHE SAYS

Jessica Napier

metronews.ca

the monstrous carnival snack is enough to give anyone food poisoning by proxy.

And if the Cronut Burger is the ultimate example of low-

and attempting to digest the result. We've pushed the boundaries of acceptable food combinations beyond the limits of good taste (literally) and are now just making ourselves sick in the name of extreme consumption.

One such culinary hybrid got the best of intrepid eaters in Toronto last week when the Canadian National Exhibition's must-try food of the season sent 150 people heaving over their toilet bowls with serious gastrointestinal issues. The culprit was a disgusting-sounding Cronut Burger consisting of a beef patty and processed cheese sandwiched between two sugary cronuts, a fusion croissant-doughnut popularized by Dominique Ansel Bakery in New York City. Even looking at a photograph of

brow dietary disaster, then Ray & Stark Bar's elitist new water menu lives on the other end of the spectrum when it comes to conspicuous culinary trends.

The Los Angeles-based restaurant recently introduced a 45-page leather-bound water menu, which boasts over 20 varieties from around the world to try by the bottle or as a tasting flight. That's right, dinner patrons can fork over \$12 to sample a selection of bottled waters served in three-ounce tasting glasses. There's even a water expert on hand in case you need some guidance in deciding what brand of H₂O pairs best with your pretentiousness.

Enough is enough everyone; we've taken foodie culture too far. I do not want to live in a world where people pay more than the hourly minimum wage for nine ounces of water or where experimental eaters routinely gorge themselves on highly processed gastronomic abominations.

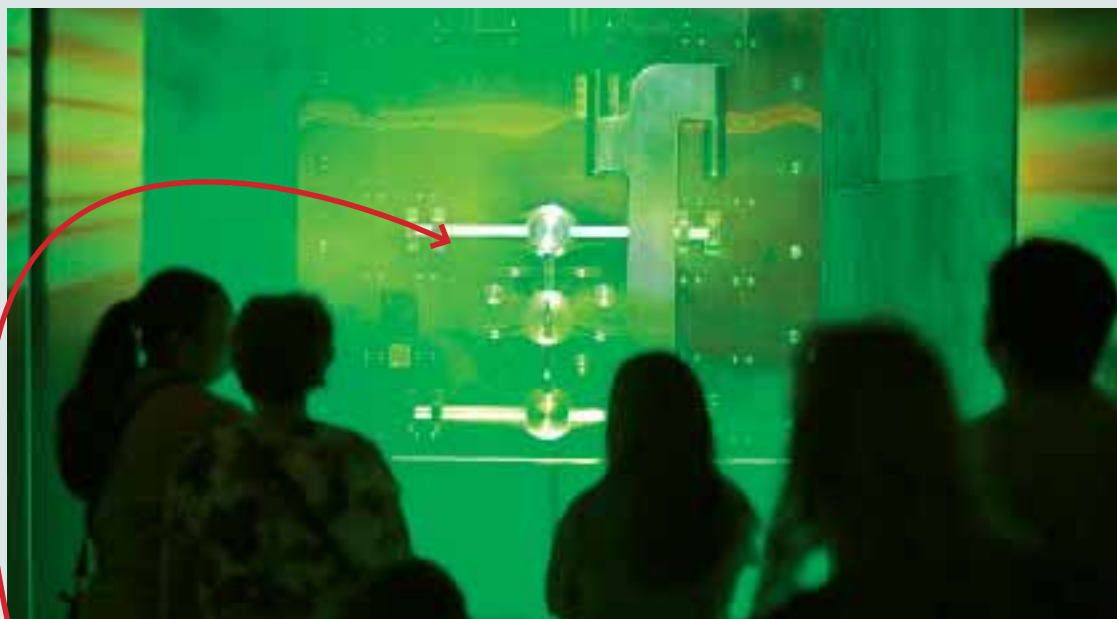
All of this excess is making me sick to my stomach.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

You think Coke's formula is unchanged?



DAVID GOLDMAN/THE ASSOCIATED PRESS

Major brands play up false notion of sacred recipes

Coca-Cola keeps the recipe for its 127-year-old soda inside an imposing steel vault that's bathed in security lights. Several cameras monitor the area to make sure the fizzy formula stays a secret.

"It's a little bit for show," concedes a guard at the World of Coca-Cola museum in

downtown Atlanta, where the vault is revealed at the end of an exhibit in a puff of smoke.

The ability to push a quaint narrative about a product's origins and fuel a sense of nostalgia can help drive billions of dollars in sales. It's why companies such as Coca-Cola and Twinkies' owner Hostess play up the notion that their recipes are unchanging documents that need to be closely guarded.

THE ASSOCIATED PRESS

In the 1980s...

- Coca-Cola and PepsiCo switched from sugar to high-fructose corn syrup, a cheaper sweetener. The companies last year also said they'd change the way they make the caramel colouring to avoid having to put a cancer warning label on their drinks in California, where law requires such labels for foods containing carcinogens.

Twinkie, twinkie little switch

This summer, Twinkies made a comeback. At the time, the new owners promised they would taste just like before.

But a box of Twinkies now has a shelf-life of 45 days, almost three weeks longer than the 26 days from a year ago. That suggests the ingredients have been tinkered with, to say the least.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Among the many reasons to love living in the modern age is the infinite entertainment, wisdom and learning available in podcast form on the iTunes store. If you're the type to leave your cellphone on the bathroom counter as a shower radio, these three subscriptions are among the most reliable brain food you'll find to feed that insatiable appetite.



The Body Sphere:

An unfailingly fascinating Australian radio show that examines our bodies and the way we use and abuse them. Recent episodes include a surgeon's perspective on a liver transplant and testing the Paleo diet theory that modern life is wreaking havoc on our primitive systems.

teach you about it or get a first-hand account from somebody who lived through it. L+R takes the latter approach by using deep one-on-one interviews with people who have endured or enjoyed odd life experiences you have to hear to believe.

Pop Up Ideas:

Tim Harford smoothly hosts this BBC program that delivers bite-sized lessons on how economics, philosophy and other social sciences shape the world we live and work in.

Love + Radio:

Two ways to dip your toes into an unfamiliar topic are to have an expert

Twitter



@JacksAttll: Info about treating sex trade workers with respect, the struggle for dignity, safety (for all), mutual boundaries

@metropicks asked: Zurich will open drive-in sex boxes for safer prostitution. What would be in a Canadian 'sex box'?

@Medros: maple flavored condoms? prostitutes offering poutine on the side? lol I have no idea

@xRapunzalx: bacon!!

@Canucklehead_ca: Bacon, cold beer, two orders of poutine, a TV tuned to HNHC, government provided Viagra & an apology note.

@lester04: maple syrup lube, a complimentary toque, and poutine to send you on your way afterwards.

@Shmingers: Wool socks, doughnuts, and an oar.

@J_T_V_: a North of 60 DVD box set

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

All hail the Queen

Daytime TV.

Queen Latifah takes grassroots approach to her new talk show

She's reviewed the research, and heard from the focus groups, but Queen Latifah is relying on a different source to help discern what may — or may not — get fickle viewers to tune into her show this fall.

She's been talking to her aunts, her cousins as well as people on the street, "people who don't have that much money in their pockets at all," Latifah says, to find out what they are interested in.

"I am a TV watcher; I come from a TV watching family," says the newest celebrity to throw her name-recognition into the daytime talk show ring.

"I love to be entertained, so I sit and watch a lot of the talk shows. I watch Ellen. I watch Maury. I watch Fallon. I watch TV and I want to create things that I want. I consider myself a viewer."

In the rush to fill the Oprah-void over the last couple of years, a number of shows were programmed into the daytime schedules only to find themselves viewer-anaemic and wasting away on the schedule. It was a reality Latifah said she wanted to avoid.

"You kind of knew that was going to happen, that there was going to be a big rush into the field, and some thrived and survived and some did not," said the Oscar-nominee who had a short-lived talk show that premiered in 1999.

"Audiences got to decide what they wanted."

Audiences, hopes the Queen, will decide on her this time.



Can Queen Latifah be the next Oprah? Find out when her talk show debuts this fall. CONTRIBUTED

When talking about her dream guest, Latifah couldn't come up with just one name.

"I don't think there is a dream guest," she said. "I think the dream guest is who the audience wants to see. It's not just the A-listers or the president — any of those amazing people."

"But for me, the dream guests ... are the regular people doing amazing and extraordinary things who you don't know but make for great television."

"The strength of the team that we have ... is to be able to think on our feet and be able to do things as they happen in real life," she added. "I just want to give them a place where they can chill, open up and be real."

To fulfil her goal, Latifah said she wants to avoid the pitfalls of a highly structured show. The Grammy winner doesn't want to be mired down by a set format.

"My whole career has been based on not necessarily doing what everybody else was doing, and doing what I felt. I want to keep it open," said Latifah. "I will be keeping in touch with my audience. We will catch up."

And perhaps even sing. While Ellen dances, Latifah may just corner daytime TV's musical quotient. "Music is part of my life. Obviously I wouldn't be where I am today without music, so music will be of great importance to the show."

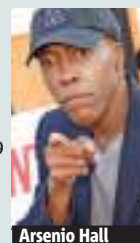
METRO



Also returning

Arsenio Hall — get ready to 'woot' again

Arsenio Hall, whose first talk show aired from 1989 to 1994, returns week-nights on Omni starting Monday, Sept. 9. METRO



Arsenio Hall

Ladies first

The Queen Latifah Show premieres Sept. 16 on Global.

- **Competition.** Queen Latifah's biggest competition to this season's talk-show throne may be a former Housewives star. Bethenny Frankel, purveyor of Skinny-girl products and a former cast member of The Real Housewives of New York City, will premiere her show, Bethenny, on CTV starting Monday, Sept. 9. It is executive produced by talk-show maven Ellen DeGeneres.



Frankel

- **The Social.** Also entering the daytime arena is CTV's original production The Social, featuring Melissa Grelo, Lainey Lui, Cynthia Loyst and Traci Melcher. As its name suggests, the show will use social media and text messaging to probe viewers for opinions on the latest in news and popular culture while the ladies have their own round-table discussion à la The View. It premieres Monday, Sept. 2. METRO



DVD reviews



The Great Gatsby

Director. Baz Luhrmann

Stars. Leonardo DiCaprio, Carey Mulligan, Tobey Maguire

•••••

Aussie director/showman Baz Luhrmann is in his element whenever the lens turns towards the opulence of F. Scott Fitzgerald's Jazz Age prose: jewelry by Tiffany, clothes by Prada, Miu Miu and Brooks Brothers, cars by Rolls-Royce and Duesenberg,

anachronistic hip-hop curated by Jay-Z. What's missing is genuine drama. Leonardo DiCaprio is the right man to play Gatsby, possessing the same earnest desire to please and determination to succeed as Fitzgerald's 1920s striver. It's a marvel to behold him — lit him from behind with exploding fireworks in one of many great party moments — and to see how much he's matured since the youthful frolics of Romeo + Juliet, his 1996 breakthrough role and first film with Luhrmann. We're also reminded of what this movie could have been,

had Luhrmann taken a few risks and not let Fitzgerald to do all the dramatic thinking. Carey Mulligan drags as Daisy and Tobey Maguire numbs as Nick.

Still Mine

Director. Michael McGowan

Stars. James Cromwell, Ronan Rees

•••••

Toronto writer/director Michael McGowan (One Week, St. Ralph) attentively observes a love tested by

infirmity and bureaucracy, becoming all the stronger for it. Pairing James Cromwell and Genevieve Bujold in memorable roles, this small marvel of a film is based on a true story of a Maritimes senior who breaks zoning rules to build a dream home on his own land for his ailing wife. He's not going to let red tape stop him from doing the right thing. Still Mine is essentially a two-hander, gorgeously filmed in New Brunswick (and also North-eastern Ontario).

PETER HOWELL

2 SCENE



Selena Gomez. ALL PHOTOS GETTY IMAGES

Curious about George: Selena's heart beats for baby faces no longer

Bad news for Justin Bieber: Selena Gomez's taste in men is maturing. The 21-year-old singer and actress, who has been striving for a mature, grown-up image, tells Us Weekly that her celebrity

crush is following suit. "Well, I once said Logan Lerman, but now it's George Clooney," she says. That can't bode well for her on-again, off-again boyfriend, the more Lerman-like Bieber.

A royally romantic reunion? Fergie and former hubby may re-hitch

Sometimes it's not too late to save a romance. Duchess Sarah "Fergie" Ferguson and ex-husband Prince Andrew are reportedly getting back together 17 years after they first split up, according to the Sunday Telegraph.

"Mark my words, they will remarry. It is only a mat-

ter of time," a source close to Fergie and Andrew says.

"It wouldn't surprise me at all. They are a wonderful couple together and, better still, pretty amazing parents."

The two have remained close since divorcing in 1996, working together to raise their two daughters.

Twitter



@TheRock

It may be that "WTF hour?", but you gotta set the tempo for the work week. 4:30am. Budapest. AM cardio starts now..



@Oprah

When I was 22 I first went to Hotel du Cap Ferrat with a friend who had a trust fund. I was making 22k and couldn't afford a croissant!



@AlbertBrooks

Alan Thicke and Billy Ray Cyrus now under genetic arrest.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The VMAs: Wherefore art thou Biebs?

PAT HEALY
Metro World News

Now that I've had a full day to let the clusterf— that was this year's VMAs sink in (and to recover from the 24-hour hangover brought on by the magnum bottle of wine required to get through the thing), I have some questions. So many questions (not the least of which is why they still carry on with this charade at all — next year let's just have a Best Knocked Up Teen Baby Bump Awards and call it a day).

And here's the first question: Where was Justin Bieber?! I can't be the only one who thought his dopey, overly-coiffed absence was conspicuous. You guys, I DO NOT THINK HE WAS INVITED. I think that Justin Bieber's 2013 Video Music Awards invitation was lost in the mail.

My God, if this isn't the swiftest fall from grace since Lindsay Lohan nose-dived her career into a big pile of cocaine and regret, I don't know what is.

Wasn't the little tyke the unofficial star of last year's VMAs? I repeat: I do not think that Justin Bieber was present at or even invited to this year's VMAs.

If he was, you wouldn't know it from MTV's coverage of the debacle, which was apparently expressly designed to give viewers alternate play-by-plays of exactly what the Smith family and Taylor Swift made of the whole thing.

Don't get me wrong, I'm not mad at this. Moderately amused, at best.

But if, as I suspect (hope), the Biebs was really not at the VMAs, I wonder what he spent Sunday night doing instead. I personally like to imagine that he watched an edited tape of the show his camp had doctored to feature clips of his old performances, in his coziest underoos from atop a throne made of Twizzlers and soiled tube socks. But that's my issue.

The truth remains, 'N Sync is gone



Fans of 'N Sync who thought the band's reunion at the MTV Video Music Awards might just be the beginning, don't get your hopes up. It was a one-night-only kind of reunion, Joey Fatone's dad tells Radar Online. "People are hyping this as to mean like next month they'll go on tour, but there's been no talk of it," Joseph Fatone Sr. says. "Yes there are still fanatical fans who hope for one day that 'N Sync will get back together, but the truth is that they are all doing their own thing now."

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Sustain seasonal mindsets

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Snowball your credit card debts: Prioritize high interest rates

"People overspend on their credit card abroad because it doesn't feel like real money. Then their statement comes in, and it's a shock," says Jasmine Birtles, founder of Money Maggie. List your debts according to how expensive the interest is. "It doesn't matter how much you owe, pay the minimum back on all of them, except the one with the most expensive interest. Make that one your priority, paying back as much as you can each month," she says.

Pay yourself a salary

"If you can afford to go for a drink, then you've got the money to save," Birtles tells Metro.

For extra cash, she recommends you set up a standing order at the beginning of each month (you'll have spent it all at the end) from your current account into a savings account.

"Pretend you're paying yourself. Even if it's just \$50 a month, that's \$600 a year," she notes.

Sex is passive: Learn to let go of lust

"Working is active and sex is passive in that it's something that happens to you. When you're aroused, you don't want to do anything especially productive," sex therapist Stephen Snyder tells Metro.

"You can still have great sex in the fall, but there's something special about summer that can't always be recaptured. So just enjoy the fact that you've been refreshed and restored by the experience," he suggests.

Connection, not penetration, is the key to great sex

According to Snyder, people feel most alive when they're on holiday, and part of the grief of coming home is that you have to give up that feeling.

To cultivate arousal (when you don't have the time or energy for sex) try "simmering," a technique that helps keep erotic feelings alive and preserves a couple's sexual bond.

"To simmer, spend two minutes staring into each other's eyes and breathing in unison. There should be no orgasms, no stroking and no heavy breathing — just stillness," he explains.

Let your mind settle into your body

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Spend 1 per cent of your day meditating

"There are 1,440 minutes in one day. Take 10 to meditate and you'll feel less stressed, less tired, and less anxious," says Andy Puddicombe.

"A healthy mind is the lens to a healthy life."

Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Move more: Do squats before lunch

"Our bodies are designed to move, so move every day. It doesn't have to be strenuous," says Duigan, who trains model Rosie Huntington-Whiteley and is the co-founder of Bodyism clinic.

Go for a walk. "Don't just think about exercising as a way to look better. Embrace it as part of your life."

Divvy up your meals and lay off the alcohol

James Duigan, a fitness trainer, recommends eating five healthy meals a day, two of which should be smaller snacks.

"Snacking ensures you don't overeat and will also help speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hidden sugar), for things like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence)," he says.

And stay away from alcohol. "It will make you feel sluggish, bloated, and reduce your body's ability to burn fat," he warns.



Best Health

Decoding food labels



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, regular columnist Sue Mah, a registered dietitian, deciphers the nutrition claims on products. Here are some examples:

Labels that say "fat-free"
This means the food con-

tains less than 0.5 grams of fat per serving. But fat-free doesn't always mean nutritious: some foods that are fat-free are made of unhealthy ingredients. Also, we do need some healthy fats in our diet because they help us absorb essential vitamins and minerals we get from our food.

Labels that say "no sugar added"

This means the food or drink contains no added sugars (e.g., sugar, molasses, corn syrup, etc.). But the claim does not account for

the natural sugars in some foods.

Labels that say "cholesterol-free"

This means the food contains less than 2 mg of cholesterol per serving. However, since cholesterol is found only in animal-based foods, if a vegetable oil bottle or frozen fries package says "cholesterol-free," they never would have had cholesterol in the first place.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



Read those labels closely. ISTOCK PHOTOS

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Salmon cakes elevate canned fish to level fancy

1. In a small bowl, toss together the cucumber, ginger, vinegar, salt and sugar. Let stand for 10 minutes while you prepare the remaining ingredients.

2. In a large nonstick skillet over medium, heat 1 table-

Ingredients

- 1 1/2 cups thinly sliced seedless cucumber
- 1 tsp grated fresh ginger
- 2 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp sugar
- 4 tbsp vegetable or canola oil, divided
- 1 cup finely chopped yellow onion
- Two 6-oz cans boneless, skinless salmon
- 1/4 cup low-fat mayonnaise
- 2 to 3 tsp prepared wasabi
- 1 cup crushed sesame flavoured thin rice crackers (about 32)

Wasabi-Spiked Salmon Cakes with Pickled Cucumber



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

spoon of the oil. Add the onion and cook until golden, about 5 minutes. Transfer to a medium bowl. Reserve the skillet.

3. Add the salmon to the onion along with the mayonnaise, wasabi, crushed crackers and 1/4 cup of the liquid from the marinated cucumbers. Form

the mixture into 6 burgers.

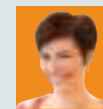
4. Return the skillet to medium-high heat. Add 1 1/2 tablespoons of the remaining oil. Add the salmon burgers to the skillet. Cook until golden, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil, turn the cakes over

and cook until golden on the second side, about another 3 minutes.

5. Transfer to 6 plates and top each salmon cake with a mound of the pickled cucumber. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Out with waste



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

According to a recent study commissioned by KitchenAid (which has a new Preserva fridge to solve the problem simply), Canadians waste \$2.5 billion each year in rotten produce. Here are the top five abused vegetables and ways to reuse them:

Lettuce

Don't open the box of greens until you can use them. The nitrogen within is modified to prevent spoilage. Add a fresh paper towel to the box each time you use to absorb water.

Bananas

Blend with protein powder and peanut butter and freeze as popsicles when

they are over-ripe.

Tomatoes

Lay wilted ones on a cookie sheet and roast at 275 F with olive oil for a couple hours. Use in pasta or as a bread topping.

Grapes

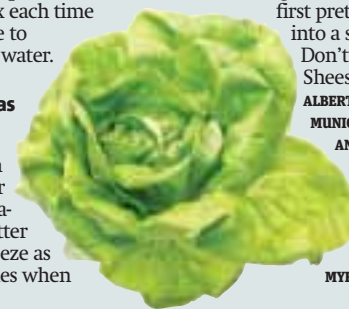
Freeze for use in cocktails or consume frozen on ice cream.

Celery

Freeze and save with chicken bones and onion ends then dump into a slow cooker when you have a bagful to make stock.

It's all about controlling the ethylene gas emitted as well as the moisture from fruits and veg. Think beyond the first pretty produce into a second life.

Don't waste, people. Sheesh. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Spice up your scallops — and your palate

Impress your guests with this Moroccan-style seafood dish in which seared scallops spiked with harissa spice sit atop a mélange of spring vegetables.

range of spring vegetables.

1. In a saucepan of boiling water, cook carrots 2 minutes.

Add peas, leeks and snap peas and return to a boil. Cook 2 minutes. Drain veg and gently rinse with cold water. Set aside.

2. Remove and discard small side muscle from scallops. In bowl, toss together scallops, olive oil and harissa spice blend.

3. Heat large nonstick frying pan over medium-high heat until very hot. Arrange scallops, flat surface down, in a single layer in pan. Sear for 1 or 2 minutes, depending on thickness.

Turn scallops over and sear 2 minutes or until cooked.

4. Transfer the prepared scallops to a plate and keep them warm.

5. In same pan, bring chicken stock to a boil. Add cooked vegetables and toss until hot. Transfer vegetables to a serving platter and arrange seared scallops on top. Generously squeeze lemon over scallops and vegetables.

NEWS CANADA/PRESIDENT'S CHOICE



These Harissa-Spiced Scallops are seasoned with a delicious spice blend. COURTESY NEWS CANADA

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Study puts a price on friendship

Big Brothers Big Sisters.

Can you put a price tag on the big-little relationship?



JESSICA SMITH
Metro in Toronto

How much is friendship worth? Advice over lunch, encouragement at a bowling alley, shared laughs at a mall?

About \$315,000 in income over a lifetime, \$32,154 in additional tax revenue for government coffers, and \$49,819 in increased spending added to the economy, according to Big Brothers Big Sisters Toronto.

The charity, which matches youth known as "littles" with mentors known as "bigs," has always seen immeasurable results from the friends, but set out to prove its investments are worthwhile, financially.

"More and more, people who are donating to charities don't just want to write a cheque; they want to say, 'How is my money being spent and what is the result,'" said Sandra

Downey, director of business development and communications of Big Brothers Big Sisters of Toronto.

So, Big Brothers Big Sisters Toronto recruited the consulting firm The Boston Group to help them put a price tag on the big-little relationship.

The Boston Group found 250 former "littles," now aged 25 to 65, from the organization's alumni records and a further 250 from an Ipsos Reid panel, said study author James Tucker. Another 1,000 people from similar family and economic backgrounds — generally single parent and low-income — served as a comparison group.

The people who'd had the influence of a big brother or sister growing up, on average, earned more and gave more to charity. They were more likely to report they worked in a senior leadership role at work, pursued a healthy lifestyle, are generally happy, are financially literate, make good life choices and have a strong network of family and friends.

"What I felt was really compelling about this was you can finally put a hard value around mentorship and filling a hole in



Former 'littles' are experiencing the benefits of spending time with 'bigs' later in life. ISTOCK IMAGES

a young person's life," Tucker said.

"Full (disclosure): I was a little brother," he added. "It's no surprise to me that those people felt more confident, generally happier; they had a stronger support network. Therefore, they had much higher earnings than their peer group."

For Ada, 17, her three-year friendship with her mentor Tracy has had a big impact on her life. The two are heading to Montreal soon to check out McGill University, which Ada will be able to afford to attend because she earned a scholarship specifically for little brothers and sisters, which Tracy encouraged her to apply for.

"I had no means to fill out that application. I didn't even know what a scholarship was. I didn't know how much university was," said Ada. "Without her motivation and support I never would have done it."

Ada said her mom struggles with mental illness, which has made her do and say things that would hurt Ada's self-esteem,

Former littles/control group

Employed full time. 68 per cent / 58 per cent
Average full-time salaries. \$59,600 / \$52,700
Volunteer for community service. 66 per cent / 43 per cent
Hours of community service per year. 95 / 73
Donate to charity. 77 per cent / 67 per cent
Average annual charitable donations. \$395 / \$329
Pursuing a healthy lifestyle. 80 per cent / 72 per cent
Financially literate. 81 per cent / 70 per cent
A senior leader in their workplace. 47 per cent / 32 per cent
Consider themselves a happy person. 42 per cent / 26 per cent
Strongly agree that they make good life choices. 52 per cent / 39 per cent
Strongly agree that they have a strong network of family and friends. 42 per cent / 28 per cent

but Tracy's encouragement has helped her build it back up. "Look at me now. I'm a scholar. I'm going to be going to university, the first in my family to go to university and create a better life for my mother and I."

Web series for the smartphone generation

The business of television has become a super highway with off-ramps in all directions. A couple of new Canadian web series hope to make their way in front of as many viewers as possible.

Backpackers stars Noah Reid (last season's CBC series Titanic) and Dillon Casey (Nikita) as two buddies who head to Europe for one last summer sowing wild oats.

Ryan (Reid) is engaged to marry high school sweetie

Beth (Meghan Heffern from Almost Heroes), but the two get cold feet. She suggests they take separate trips abroad to get all the sexual silliness out of their systems before they commit to a lifetime together. He thinks this may just be the best idea ever. So does his randy pal Brandon (Casey), happy to fulfil his destiny as "the best wing man in history."

The web series is produced with the participation of the

Canadian Media Fund and premieres Monday on CTV.ca. It's already up and streaming Stateside on CW Seed, a new digital studio spun off from The CW, which launched Aug. 15.

Backpackers is one of four new digital web series on Seed, which is targeted at the young adult viewers more at ease with watching content on various mobile devices instead of on traditional television monitors.

Casey was just coming off the third season of shot-in-Toronto Nikita when the opportunity to move forward with Backpackers came up.

"I first auditioned for the series five years ago when I first went out to L.A.," says Casey, who grew up in Toronto (although don't trust his Wikipedia page; it's loaded with info-bombs. Casey himself made up his birthplace — Vegas — and certain friendships — Robert De Niro — just

to prove that Wikipedia isn't always a reliable source).

Another actor was the original co-star. The two shot a pilot in Barcelona, Spain.

"It was the first time I'd been to Europe and it was a paid trip to go film something. It was amazing," says the 29-year-old actor, who completed the eight-episode series in Spain, Italy and France.

Casey's no stranger to web shoots. He and his brothers Lyndon and Conor have

been posting short comedy pieces the past few years at their Casey Brothers website. Backpackers, however, is a step above, a budgeted, scripted series which, according to director Josh Levy, could easily be edited into a feature film.

Casey says while he and Reid were free to improvise dialogue and business they pretty much stuck to the scripts.

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YOUR MONEY
Alison Griffiths
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Mr. Top 10, as I'll call him, isn't a fan of mine.

"What success, (if any) have you had investing? My investments show in excess of 20 per cent average this year!! What are your top picks?"

Mr. Top 10 (MTT) went on to castigate me for recommending GICs to an elderly, nervous investor and for not offering more stock and mutual fund recommendations.

Certainly you can find a gazillion "pickers" with tremendous success in a given year.

MTT's Canadian and U.S. funds have had a very nice run and I commend him.

However, a single year isn't illustrative.

It's more important to be a well-behaved investor than focus on short-term winners.

Here's how:

Allocate your assets

Pick an asset allocation (AA) that divides your money among equities (stocks, exchange-traded funds or equity mutual funds), bonds and cash.

Don't worry if everyone says you should be heavy into the stock market because bonds and cash return little.

Next year things may be quite different.

A portfolio with cash and bonds is buffered when the market heads south. And one day interest rates will rise.

Diversify

MTT's U.S. investments have done well over eight months, but who knows what the next eight will bring? That's why it's important to diversify within the equity categories.

Don't fling money into dozens of niche sectors and all over the world.

A mix of larger company Canadian, U.S. and global stocks, ETFs or mutual funds will do you just fine.

Dollar Cost Average

Invest regularly.

No, you won't always buy at the bottom, however you reduce the risk of committing too much money at the top. Getting an average price over time is the goal here.

Rebalance

Once you've decided on an asset allocation it's critical to stick with it, even when one aspect of your portfolio is taking off.

Examine your AA annually or so and rebalance back to those percentages if they're out of whack. You can use new contributions to do this rather than selling.

The problem with Mr. Top 10's approach is that you can have the best stocks or funds at any given time, but end up with a disastrous portfolio in the long run if you don't practise good investor behaviour.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Look into the investing crystal ball. Kind of cloudy in there, isn't it? ISTOCK IMAGES

When pen meets chequebook: The story of when education doesn't pay off



Students who pick the "wrong" fields are failing to get a return on their education, a report says. ISTOCK IMAGES

A new report says some students aren't getting as much of a return on their education investment as they should because they aren't focusing on the ideal fields.

The CIBC World Markets report says that while completing a post-secondary education is still the best route to a well-paying, quality job, the premium is dropping as too few students are graduating from programs that are in high demand.

CIBC economist Benjamin Tal says that despite "overwhelming evidence" that one's field of study is the most important factor in determining labour market outcomes, students have not gravitated toward the fields that make most financial sense.

Tal says students will get the biggest bang for their educational buck from specialized and professional fields such as medicine and law.

The fields of humanities and social sciences, on the other hand, carry much greater risk, while students of health or business face a more limited risk of ending up with lower income.

Yet the study found just under half of recent graduates fall under the sectors deemed "underperforming" — even though they know they'd earn more with a medical or law degree.

"Canadian students are continuing to pursue fields where upon graduation, they aren't getting a relative edge in terms of income prospects," said Tal, who co-authored the report.

The proportion of adults in Canada with a post-secondary education is the highest among all OECD countries even though the cost of that education is roughly double the OECD average, the report found.

(The OECD is an international body made up of 30 member countries that focus on developing and refining economic and social policy.)

More and more of those degree holders fall behind in the earnings scale, with the share of Canadian university graduates who make less than half the national median income the largest among all OECD countries.

"A higher education may be a necessary condition for a

good job in Canada, but it is no longer a sufficient condition," says Tal.

"Narrowing employment and earning premiums for higher education mean that, on average, Canada is experiencing an excess supply of post-secondary graduates."

That's help put the unemployment rate among university graduates at just 1.7 percentage points lower than among those with only high school education. The university premium over college has also narrowed and now comes to 0.7 percentage points.

Master's degrees or PhDs signal more specialized skills than a bachelor's degree, Tal adds, but that hardly translates to the unemployment statistics, with the jobless rate premium falling to just 0.5 percentage points.

"While higher education overall still translates into better wages — a bachelor's degree buys you more than a 30 per cent earnings premium over high school graduates — that premium is also narrowing," CIBC said.

THE CANADIAN PRESS

US Open

Bouchard and Dancevic get past opening round

Canadians Eugenie Bouchard and Frank Dancevic won opening matches within seconds of each other to advances into the second round of the US Open on Monday.

Bouchard, of Montreal, Que., managed to find a way past Czech Karolina Pliskova 4-6, 6-4, 7-5 to win in her US Open main draw debut. Dancevic, a product of Niagara Falls, defeated Robin Haase of the Netherlands 7-6(5), 3-6, 7-5, 7-6(7).

Milos Raonic begins play on Tuesday against Italian qualifier Thomas Fabbiano.

THE CANADIAN PRESS

NBA

T-Mac says he won't come back

Those sleepy eyes always betrayed Tracy McGrady.

Whether he was pouring in 13 points in 35 seconds for Houston in 2004 or sitting on the bench and watching the San Antonio Spurs win another playoff game in June without needing him, that cool expression rarely changed. It all looked almost too easy for McGrady, even if it rarely was.

McGrady announced his retirement from the NBA on Monday, ending a 16-year career that included two scoring titles, seven All-Star appearances, injuries to his knee and back and zero playoff series wins while he was leading the way. **THE ASSOCIATED PRESS**



Tracy McGrady GETTY IMAGES FILE

Coach sounds off



"I know you're not makin' the playoffs. I get it, but please look like you care."

Don Cherry took the Blue Jays to task on Twitter for having fun in the dugout while losing to the Astros over the weekend.



Head coach Mike Babcock gives instruction to players Patrick Sharp, left, Sidney Crosby and Chris Kunitz during a ball hockey training session at the Canadian national men's team orientation camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Bigger isn't always better for Canucks

Orientation camp. Having struggled on larger ice surfaces, Canada looking for speed and agility

Steve Yzerman still remembers what it was like in Nagano in 1998, the first Olympics with NHL players and an example of Canadian failure on the bigger, international-sized ice surface.

The time-honoured strategy of dumping the puck in and forechecking didn't work.

"You can spend a lot of time skating places and getting there just a second late, taking yourself out of the play," said Yzerman, now Canada's general manager. "It is a different game."

It was a different game at the 2006 Olympics in Turin, too, when Canada finished seventh thanks to a lack of

offence and speed and the wrong mix of talent for the 200-by-100-foot rink.

San Jose Sharks defenceman Dan Boyle watched from the stands as his teammates struggled.

"It was tough to watch, it was frustrating," Boyle said. "Even though every player on that team deserved to be there and was great, sometimes you

need certain things and that's where different guys come into play. I just thought we lacked some things."

Eight years removed from that debacle and four years after winning Olympic gold in Vancouver on NHL-sized 200-by-85-foot ice, Hockey Canada is determined to learn from what went wrong without abandoning its style.

Guarding the goal

Jobs between the pipes up for grabs

Canada doesn't have obvious candidates in goal for the 2014 Olympic men's hockey tournament.

Even the man who backstopped Canada to Olympic gold in 2010 doesn't assume he'll inherit the starting job in Sochi, Russia, in February.

"It's an open competition and whoever plays best

deserves to be the starter," Roberto Luongo said upon arrival in Calgary for orientation camp.

"You work hard and you want to be rewarded for your efforts. If I'm going to be there, I want to deserve it."

Luongo, Corey Crawford, Braden Holtby, Carey Price and Mike Smith are the five goalies who have been summoned to Calgary for informational meetings at this week's orientation camp.

THE CANADIAN PRESS

"One of the critical things is to continue to play the Canadian game and not adjust to some of the spaces that suddenly arise," coaching consultant and former Edmonton Oilers coach Ralph Krueger said. "But you need to make sure that you don't change your game or make too many adjustments that will weaken what makes Canada strong."

What makes Canada strong, Yzerman and the coaching staff hope, is speed and agility. Perhaps that's part of what the 2006 group was lacking.

Judging by the comments of those in charge of making up the 2014 roster, it doesn't sound like that'll be a problem this time around.

"The team will be made up of players who can skate, think and move the puck," Oilers president of hockey operations Kevin Lowe said. "There could be a number of changes from the gold medal team in Vancouver." **THE CANADIAN PRESS**

4 SPORTS

'Crush' could put hush on history

MLB. Orioles slugger Davis a major roadblock in Tiger Cabrera's second straight Triple Crown bid

Only Chris Davis stands between Miguel Cabrera and baseball history.

As he heads toward the conclusion of another sensational season with the Detroit Tigers, Cabrera has a decent shot at becoming the first major-league player to win the Triple Crown in successive seasons.

Entering play Monday, Cabrera comfortably led the AL with a .356 batting average, 28 points higher than runner-up Mike Trout. His 126 RBIs were best in the league, too, eight better than Davis.

In home runs, though, Davis held a 46-42 advantage. And if the Baltimore Orioles slugger can make that lead stand up, then Cabrera's bid for a repeat performance will be denied.

"As far as me being the obstruction for him doing



The Tigers' Miguel Cabrera must catch up to the Orioles' Chris Davis in home runs to become the first player to win two Triple Crowns since Ted Williams.

THE ASSOCIATED PRESS



Crown royalty

2

Only two players in history have won the Triple Crown twice: Rogers Hornsby in 1922 and 1925, and Ted Williams in 1942 and 1947.

him," Cabrera insisted. "We focus on what we can do here in Detroit."

Cabrera and Davis haven't been in touch since the all-star game, when Detroit's third baseman had some words of advice for Davis, who was in the midst of a career year.

"One of the things he told me was, 'Don't let the talking heads get to you,'" Davis said. "Down the stretch everybody is going to compare us and say that this guy is doing this or this guy is doing that. But the biggest thing is to go out there and continue to play. He said, 'You're having a great year. You have something to be proud of. It's not whether you finish with better numbers than I do, because you've still had a great year.' I really appreciated that." **THE ASSOCIATED PRESS**

Longview over longballs

"Individual awards are nice, but at the end of the day, I play for the ultimate team award."

Orioles slugger Chris Davis, saying his main goal is to win a World Series.

33 and leads both leagues in home runs.

Most importantly, he's got four more homers than Cabrera, who last year became the first player to win the Triple Crown since Carl Yastrzemski

did it in 1967.

Davis understands the significance of the accomplishment.

"Obviously when somebody does something like that, not only is it extremely

hard to do, but it doesn't happen very often," he said. "You have to appreciate that."

No one will argue that Cabrera is among the finest right-handed hitters ever to play the game. In most years, 42 homers with a week to play in August would be good enough for the league lead.

Not this year. Cabrera has been in catch-up mode for months behind the man nicknamed "Crush."

"We don't worry about

NFL

WR Stallworth's return halted

Donte Stallworth was cut Monday by the Washington Redskins, thwarting the veteran receiver's comeback.

Stallworth was hindered through most of training camp by a hamstring injury. He caught two passes for 33 yards in pre-season games.

THE ASSOCIATED PRESS

NFL

Tebow gets early pat on the back

Tim Tebow survived the New England Patriots' cut to 77 players on Monday.

The final 53-man roster will be announced Saturday.

"I'm just focused on today," Tebow said Monday.

THE ASSOCIATED PRESS



Pats QB Tim Tebow GETTY IMAGES

NFL. It's Tuel time in Buffalo with no quick quarterback fix on horizon

Passed over in the NFL draft in April, quarterback Jeff Tuel settled on signing with the Buffalo Bills a few days later with the sole objective of cracking the team's roster.

As of Monday, the raw rookie out of Washington State is in line to start in the Bills' season opener against New England Sept. 8.

"I came here to play football, and that's what I'm doing," Tuel said. "You never know what's going to happen in this league."

"It's why you've got to be ready."

Tuel is in this position after a string of injuries to Bills quarterbacks.

Veteran Kevin Kolb is out indefinitely after sustaining a concussion — the third of his seven-year career — in a 30-7 loss to Washington on Saturday. Then there's rookie first-round pick EJ Manuel, who might not be ready to play because he's still recovering from a left knee injury sustained in a 20-16 win over Minnesota a week earlier.

The Bills signed free agent Matt Leinart on Sunday, but the 2004 Heisman Trophy winner needs time to become familiar



Due to injuries, undrafted rookie Jeff Tuel has been thrust into the Bills' starting QB spot with Week 1 looming. GETTY IMAGES

Welcome to the NFL

"I don't know if I'd use the word crazy, but I would say a little bit of adversity, for sure."

New Bills head coach Doug Marrone, on Buffalo's pre-season QB woes.

with the offence.

Should Tuel start against New England, he would be the first undrafted rookie directly out of college to start in Week 1 for any team since the NFL merger in 1970, according to STATS LLC. **THE ASSOCIATED PRESS**

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	77	55	.583	—
Tampa Bay	74	55	.574	1½
Baltimore	70	59	.543	5½
New York	69	61	.531	7
Toronto	58	73	.443	18½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	77	53	.592	—
Cleveland	71	59	.546	6
Kansas City	66	64	.508	11
Minnesota	57	72	.442	19½
Chicago	54	75	.419	22½

WEST DIVISION

	W	L	Pct	GB
Texas	75	55	.577	—
Oakland	72	57	.558	2½
Seattle	59	70	.457	15½
Los Angeles	58	71	.450	16½
Houston	43	86	.333	31½

Monday's results

Kansas City 11 Tampa Bay 1
N.Y. Yankees at Toronto
Oakland at Detroit
Houston at Chicago White Sox
Texas at Seattle

Sunday's results

Baltimore 10 Oakland 3
Chicago White Sox 5 Texas 2
Cleveland 3 Minnesota 1
Kansas City 6 Washington 4
L.A. Angels 7 Seattle 1
N.Y. Yankees 3 Tampa Bay 2 (11 innings)
Toronto 2 Houston 1

Tuesday's games — All Times Eastern
N.Y. Yankees (Pettitte 9-9) at Toronto (Happ 3-3), 7:07 p.m.

Oakland (Milone 9-9) at Detroit (Verlander 12-9), 7:08 p.m.

L.A. Angels (Wilson 13-6) at Tampa Bay (Hernandez 6-13), 7:10 p.m.

Baltimore (Chen 7-6) at Boston (Doubtrant 9-6), 7:10 p.m.

Houston (Clemens 4-4) at Chicago White Sox (Quintana 7-4), 8:10 p.m.

Kansas City (Shields 8-8) at Minnesota (Correia 8-10), 8:10 p.m.

Texas (Holland 9-6) at Seattle (Iwakuma 12-6), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	78	52	.600	—
Washington	65	65	.500	13
Philadelphia	59	71	.454	19
New York	58	70	.453	19
Miami	49	80	.380	28½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	76	54	.585	—
St. Louis	76	54	.585	—
Cincinnati	74	57	.565	2½
Milwaukee	57	73	.438	19
Chicago	55	75	.423	21

WEST DIVISION

	W	L	Pct	GB
Los Angeles	76	54	.585	—
Arizona	66	63	.512	9½
Colorado	61	71	.462	16
San Diego	59	71	.454	17
San Francisco	58	72	.446	18

Monday's results

Cincinnati at St. Louis
Philadelphia at N.Y. Mets
San Francisco at Colorado
San Diego at Arizona
Chicago Cubs at L.A. Dodgers

Sunday's results

Atlanta 5 St. Louis 2
Boston 8 L.A. Dodgers 1
Colorado 4 Miami 3
Detroit 11 N.Y. Mets 3
Milwaukee 3 Cincinnati 1
Philadelphia 9 Arizona 5
San Diego 3 Chicago Cubs 2 (15)
San Francisco 4 Pittsburgh 0

Tuesday's games — All Times Eastern
Milwaukee (Lohse 9-8) at Pittsburgh (Locke 9-4), 7:05 p.m.

Miami (Eovaldi 2-4) at Washington (Ohlendorf 2-0), 7:05 p.m.

Cleveland (Salazar 1-1) at Atlanta (Wood 2-2), 7:10 p.m.

Philadelphia (Kendrick 10-10) at N.Y. Mets (Niese 5-6), 7:10 p.m.

Cincinnati (Latos 13-4) at St. Louis (Kelly 5-3), 8:15 p.m.

San Francisco (Petit 0-0) at Colorado (Bettis 0-2), 8:40 p.m.

San Diego (Kennedy 5-9) at Arizona 9:40 p.m.

Chicago Cubs (Wood 7-10) at L.A. Dodgers (Kershaw 13-7), 10:10 p.m.

CFL

WEEK 10

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	8	5	3	0	244	209	10
Hamilton	8	4	4	0	203	219	8
Montreal	8	3	5	0	195	239	6
Winnipeg	8	1	7	0	167	247	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	8	7	1	0	264	177	14
Calgary	8	6	2	0	261	200	12
B.C.	8	5	3	0	207	203	10
Edmonton	8	1	7	0	188	235	2

Friday's game — All Times Eastern

Hamilton at B.C., 10 p.m.

Sunday, Sept. 1

Winnipeg at Saskatchewan, 4 p.m.

Monday, Sept. 2

Edmonton at Calgary, 5 p.m.

Tuesday, Sept. 3

Montreal at Toronto, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	5	41	35	41
New York	11	9	6	38	34	39
Kansas City	11	9	6	36	26	39
Philadelphia	10	8	8	37	37	38
New England	10	9	6	34	24	36
Houston	10	8	6	29	28	36
Chicago	10	10	4	30	34	34
Columbus	8	12	5	29	34	29
Toronto	4	12	9	22	34	21
D.C.	3	17	5	15	41	14

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	12	8	6	48	33	45
Los Angeles	13	9	4	40	32	40
Colorado	10	7	9	33	27	39
Portland	9	4	12	37	26	39
Seattle	11	8	4	31	26	37
Dallas	9	7	10	36	38	37
Vancouver	10	9	6	36	33	36
San Jose	9	10	7	28	37	34
Chivas USA	5	14	6	24	45	21

Sunday's results

Chivas USA 3 New York 2

New England 5 Philadelphia 1

Seattle 1 Portland 0

Friday's games — All Times Eastern

New England at Toronto, 7 p.m.

Portland at Real Salt Lake, 10 p.m.

Horoscopes

Aries

March 21 - April 20

You will find favour with colleagues and employers over the next few days but it is up to you to make something of it. Let them know you want to work as part of a team.

Taurus

April 21 - May 21

You want to get away, so what's stopping you? Get out of that nine-to-five mindset and start making plans that take you to new places — as far away from where you are now as possible.

Gemini

May 22 - June 21

There will be a clash of egos today and it has been coming for quite some time. Say what you have to say, but don't forget you have to work with this person every day.

Cancer

June 22 - July 23

You must be honest about your feelings, even if it makes you feel vulnerable. You actually have nothing to worry about. The responses you get from loved ones will confirm they are very much on your side.

Leo

July 24 - Aug. 23

Money issues may be front and centre now but in the greater scheme of things they are somewhat trivial, so don't fuss about them too much. It's love that makes the world go around, not dollars and cents.

Virgo

Aug. 24 - Sept. 23

Friends will deny you nothing over the next few days, so you might as well ask for what pleases you most. Bear in mind though that one day they may ask something similar of you, so don't be too outrageous.

Libra

Sept. 24 - Oct. 23

Treat others the way you'd like to be treated. That's good advice any time but never more so than now as the words you speak and the actions you take will have huge repercussions.

Scorpio

Oct. 24 - Nov. 22

If you play with fire, you must expect to get burned. You may have thought you were going to get away with something but today's events will awaken you to reality. Causes always, but always, have consequences.

Sagittarius

Nov. 23 - Dec. 21

You seem to be in one of those moods where money is no object, despite the fact that your resources are low. If you do spend too much, don't be too hard on yourself.

Capricorn

Dec. 22 - Jan. 20

You need to be with people who excite you mentally. There are so many superficial people out there — identify them and give them a miss.

Aquarius

Jan. 21 - Feb. 19

Whether you're a realist or a dreamer, you will have to make some no-nonsense choices today. Your heart may be in the right place but if your head is on another planet you won't achieve much.

Pisces

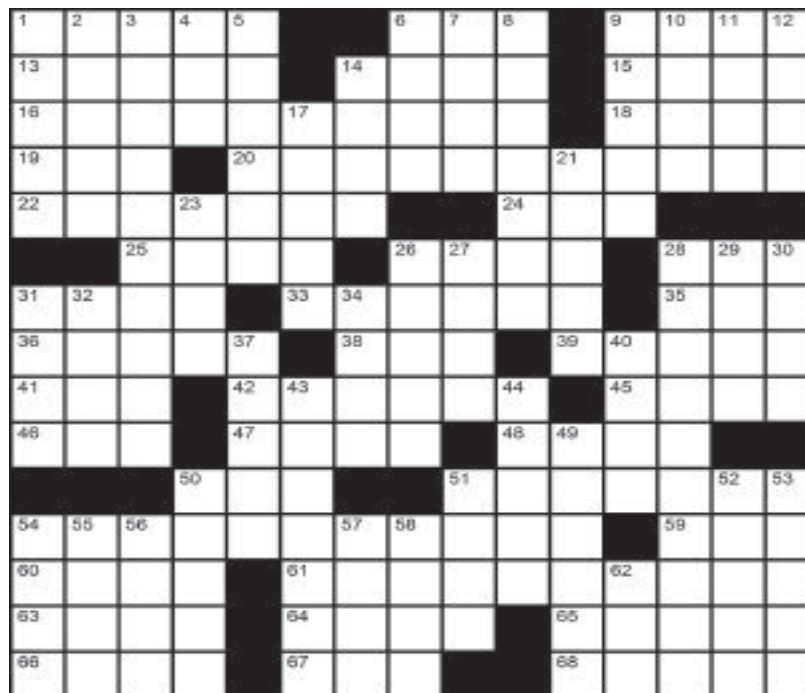
Feb. 20 - March 20

The Sun opposes your ruler Neptune today, which among other things suggests that someone will challenge the way you look at the world. Don't let them put doubts in your mind. The world is what you want it to be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Briefly summarize
- "___ Wolf" (1947)
- Apple variety
- "...and forgive ___ trespasses..."
- Mr. LaBeouf
- The Drifters hit: "___ the Roof": 2 wds.
- Wild West transport
- Whispery word
- Ship signal
- East Coast exports: acr. + word
- Choices
- Half of Ms. Gabor
- Mannered man
- Nevada 'aliens site', ___ 51
- Feasted
- Glum
- Father of New France, ___ de Champlain
- Prospector's find
- Late night's Mr. Ferguson
- ___ Gatos, California
- Donald Duck nephew
- "Bad Moon Rising" gr.
- Seaport of Italy
- Curves
- Bad guy
- Basilica part
- Recreation spot, in Quebec
- Egyptian cobra
- Revere
- Burnaby, BC born musician from an eponymously-titled Band: 2 wds.
- ___ Beach, Hawaii
- "What's ___ for me?": 2 wds.
- Art ___ (b.1912 - d.2010, Radio/TV host in The States from



- 1904 to 1905:
- Japanese War
- Impede, in law
- CCG = Canadian ___
- Pre-Sept. month
- "That '70s Show" actress Laura
- Bloke
- Puerto's follower
- Classic five dice game
- Dr. Sanjay ___

- Moose Jaw)
- ___ Flush
- Pasturelands
- Montreal's ___ Dame Basilica
- Canadian politics channel
- 'Persist' suffix
- Fall fabric

Down

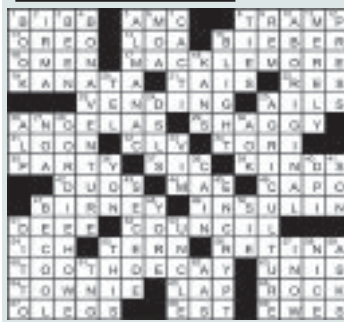
- 1904 to 1905:

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- to-staff speech opener)
- Yesterday, in Italy
- Arcade game, Whac- ___
- Sly tactic
- Fork, in a Montreal restaurant
- Julia Roberts' actor brother
- Kiki and Sandra
- Gladiator's 800
- Killer whale
- The ___ (Famous mountains)
- Grind teeth together
- Rowboat needs
- Qu' ___ Valley (Region of southern Saskatchewan)
- Thread holder
- Enthusiastic
- House's accessed-by-ladder spot
- Bowl-shaped pans
- Gladys Knight & The Pips hit: "If ___ Your Woman"
- Peeled
- Catchall category [abbr.]
- Have ___ (Zzzzz...)
- Ms. Turner
- Vienna, to Austrians
- Fly type
- ___ truck

Yesterday's Crossword

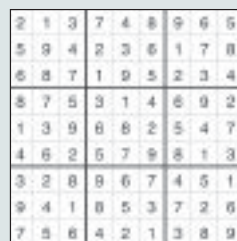


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 28°/20° Thunderstorms 60%

Wednesday 27°/17° Thundershowers 60%

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